For Internal Distribution Only

Buddhist & Pali College of Singapore Alumni (BPCA) - Quarterly E-Bulletin

Jul - Sept 2023

Buddhist and Pali College of Singapore rejoices in turning the Dhamma wheel for the past 30 years

Photo credit: Brother KK Lau

This year marks the 30th Anniversary for Buddhist and Pali College of Singapore (BPC). We celebrated the occasion with (a) *Sammodanā* (Rejoicing), a symposium which was held on 9 September 2023; (b) the publication of the 30th Anniversary commemorative book, *Sammodanā*, which is a compendium of curated essays; and (c) launch of Diploma in Buddhism (Chinese) Course.

July to September 2023 had been a very eventful quarter for BPC. Besides the 30th Anniversary celebration, the following activities/ courses were held. Read on to find out more!

- Introduction to Buddhism Course in Chinese
- Buddhist Counselling Course
- Diploma in Buddhism (English) Course Previews

October to December is the period for examination preparations / taking the examinations. To all current students, remember that examinations provide the opportunity for us to consolidate what we have learnt and it is a means to develop our knowledge about the Buddha's teachings. Let's keep these in mind and enjoy the journey of learning the Dhamma, preferably with your *Kalyāṇa-mittatā*! All the best!

Please let us know if you have any feedback or articles which you would like to contribute to in future e-bulletin publications. You may also recommend your BPC alumni friend who may have something to share. Just drop Sister Tyy Yn an email at tyyynquek@gmail.com.

May all be well, happy and peaceful!

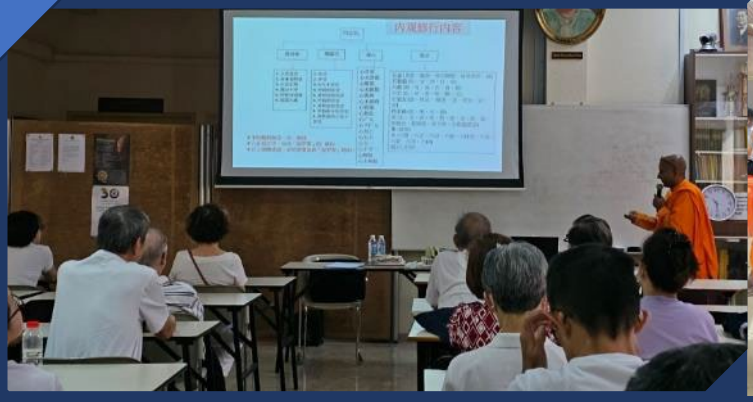
The Editorial Team

Introduction to Buddhism (Chinese)

3 May 2023 – 1 July 2023

2023 佛学简介基本佛学介绍

1. 佛学中的自由探讨，古印度社会
2. 佛陀的一生
3. 四圣谛， 三法印
4. 轮回， 业力
5. 十二因缘
6. 在家人如何实践佛学
7. 常见的佛教仪式与诵经，佛教短篇小说《法句经》
8. 内观融入生活



Besides learning about the Dhamma, students were invited to attend the puja and lunch dāna.

Buddhist Counselling Course

11 – 20 August 2023

About the Course

It aims to provide elementary knowledge of counselling principles of Buddhist psychology and to show their applicability and practicability in resolving psychological problems in daily life.

Special attention is paid to the therapeutic values of Insight and Tranquility meditation.

Course Content

1. Nature of Buddhist Counselling Psychology
2. Theories of Buddhist Counselling
3. Buddhist Analysis of Psychopathology, Mental Disorders and Abnormal Behaviours
4. Counselling Skills and Code of Ethics
5. Buddhist Counselling Approaches and Techniques
6. Relevance of Buddhist Counselling for Resolving Psychological Problems

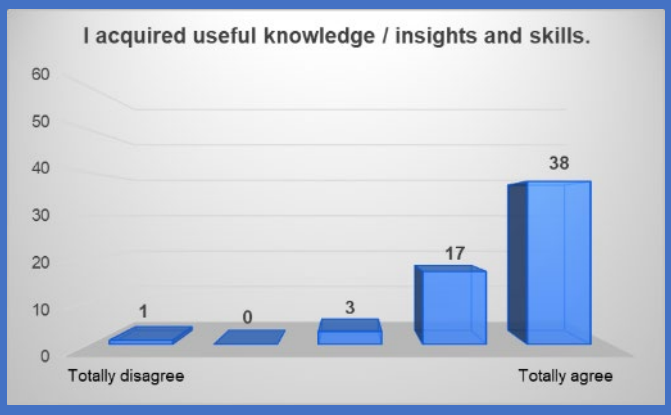
Conducted by Professor Wasantha Priyadharsana
Postgraduate Institute of Pali and Buddhist Studies, University of Kelaniya, Sri Lanka
Visiting Professor, Buddhadharma Centre of Hong Kong

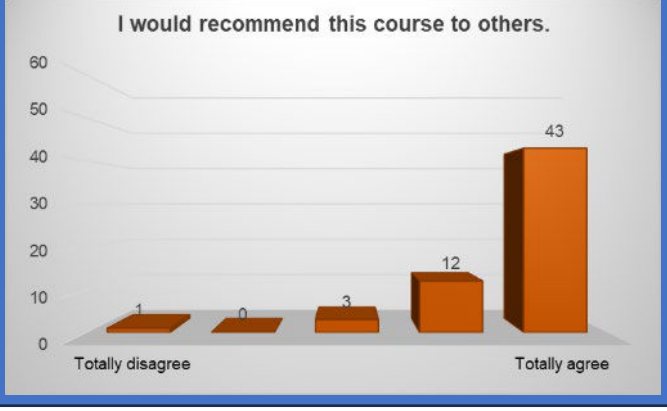
Buddhist Counselling Course

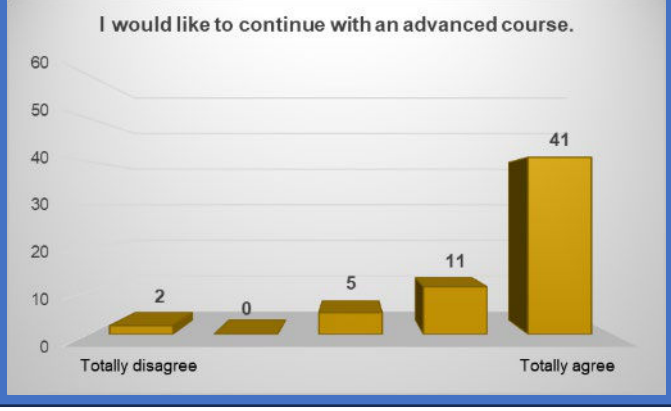
Snap Shots of Role Play

- Students acting as “clients” and “counsellors”, where counsellors tried to find out what were the underlying issues facing the clients, analysed the issues and proposed a treatment approach.

Feedback about the Course (1 of 2)







Buddhist Counselling Course

Certificate Presentation Ceremony

What I find most useful about the course…

Learning Buddhist Psychology, the application of suttas in Buddhist psychology, case study, and how various types of meditation help the patients.

I found Professor's counselling template and case studies very useful in helping me to consolidate my understanding of the content covered. The role-play sessions were very helpful in applying what was taught in class.

I gained a basic understanding of how dhamma is linked to psychology and counselling, and how to help someone in dhamma therapy through actual practice.

The case studies and working using the flow chart provided concrete application techniques and made the theories easier to understand.

The course is structured well and the organisers are proficient and efficient in running this course smoothly. Overall, I'm happy with this course and grateful to the professor and organisers for making this happen for the benefit of many of us. Thank you.

The professor is clearly passionate about teaching... It can be seen that he is an experienced Dhamma practitioner whose understanding of the Dhamma in practice is appropriately applied in his teachings of the course materials. He also exudes enthusiasm for the learning of his students while being attentive and really listening to his students. He is compassionate and wise in his feedback when responding to students.

Feedback about the Course (2 of 2)

30 Years & Counting:
BPC 30th Anniversary Symposium - *Sammodanā*

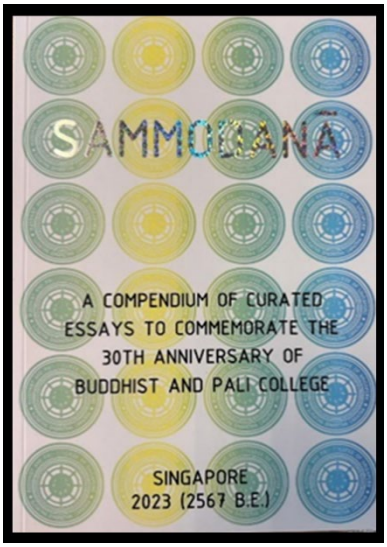
The SingPost Auditorium @SingPost Centre | 9 September 2023

Article by: Sis Jean Lau
Photo credits: Bro KK Lau and Bro Adrian Lim

The year 2023 witnesses the Buddhist and Pali College of Singapore (BPC) reaching a new milestone. A symposium was held on 9 September 2023 at the SingPost Centre Auditorium to commemorate this significant point in the College's history. The theme, *Sammodanā,* was chosen for the 30th Anniversary celebrations. *Sammodanā* (Pali), translates into English as "Rejoicing" to reflect both the jubilance of Singapore's emergence from the Covid-19 pandemic and the College's 30th years in providing Buddhist education and propagating the Dhamma in Singapore.

An organising committee, comprising members from the BPC Alumni (BPCA) Committee and lecturers started work 6 months ahead of time to assemble the programme. BPC lecturer and a practising architect, Bro Ong Keng Boon, designed the logo for the event, and in his own words, "with the numbers three and zero infilled with an explosion of colours, they emulate a sense of great joy, happiness and delight. The number zero was also purposefully infilled with the Asoka Dhammacakka signifying BPC's efforts in turning the wheel of Dhamma for the past 30 years".

The vibrant logo naturally went onto all symposium memorabilia, such as the t-shirt, tote bag, notebook, lanyard, etc. “The 30th Anniversary commemorative book was also deliberately printed with flashy and an almost ostentatious word *Sammodanā* on the cover to echo the sense of great joy, happiness and delight”, said Bro Keng Boon.


SAMMODANĀ
A COMPENDIUM OF CURATED ESSAYS TO COMMEMORATE THE 30TH ANNIVERSARY OF BUDDHIST AND PALI COLLEGE
SINGAPORE
2023 (2567 B.E.)

The symposium guests of honour were Ven Professor Neluwe Sumanawansa Nayaka Thero, Vice Chancellor, Buddhist and Pali University of Sri Lanka and Mr U Ahmed Razee, Acting High Commissioner of Sri Lanka to Singapore. Other invited guests included members of the sangha, lecturers from BPC, guests from Buddhists organizations, past and current students of BPC.

Highlights of the opening segment of the event included a beautiful video montage on the 30-year journey of the BPC, from its establishment to the present day, painstakingly put together by Bro K.K. Lau & Team, a cake-cutting ceremony commemorating the college's birthday and the launching of BPC's first-ever Diploma in Buddhism (Chinese) course commencing on 7 Jan 2024!

Cake cutting ceremony

Launch of Diploma in Buddhism (Chinese) Course

30th Anniversary Video

Symposium Photos

About the course

To sign-up

sammodanā

Four speakers, representing the 4 communities of Buddhism of monks, nuns, layman and laywoman, gave their own precious interpretation of the theme, *Sammodanā*.

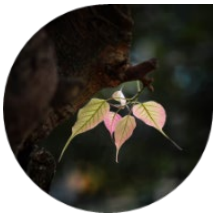
Sis Sylvia Bay, our very own BPC alumnus, spoke about "Timely Reflection and Right Practice". She viewed the pandemic as a "timely reminder of life's fragility and uncertainty" and cautioned that as we "rejoice in our resilience in surviving the worst of COVID ravages, we should take this opportunity of a second chance at life to reflect and grow in Dhamma understanding, to consolidate our practice and be kinder and better versions of ourselves, and to live even more meaningfully in service of the Triple Gem".

Dr Tony See, who lectures in Philosophy of Religion and Continental Philosophy at the NTU gave his thoughts on "How to be Happy? Buddhist Perspectives". He advised the audience on how to live meaningfully going forward, with profound joy and happiness, based on the practice of mindfulness.

Ven Tenzin Tsultrim, from the Vajrayana tradition and a Dhamma teacher with the Amitabha Buddhist Centre, shared on "No Unchanging Sorrow, No Uncreated Joy". She reiterated the Buddhist teachings that "the mind holds the most powerful potential to transform all problems if one trains it well" and that this power of "transformation is available to everyone if we know how".

Ven K. Rathanasara, founder and Spiritual Advisor of the Dhammakami Buddhist Society in Singapore, spoke about "Rejoicing, Peace, and Well-being". He stressed that the "understanding of the Four Noble Truths leads to the development of rejoicing to the highest sense of the word which helps one to cultivate this virtue even under unfavourable social and economic conditions, and lead on the Noble Path of spiritual perfection".

Punctuating the time between the 4 thought-provoking speeches and the Q&A sessions were some thoughtful line-up of items: a vegetarian buffet lunch for guests, teaching staff, past and present students to reconnect over food, drinks and desserts; a silent auction showcased Bhante M. Suneetha's photography of Buddhist images from Sri Lanka, Hongkong and Laos and also gave art lovers the opportunity to adopt the images through donations to help defray the cost of the event; a delightful ukelele performance by students from the METTA School featured nostalgic songs and it was heartwarming as we listened to "Lean on Me" and "You Have a Friend in Me" among noble friends.



What do participants say about the Symposium?

"The programme, from 9 am till early evening, initially appeared too long to me. But the speeches and Q&A sessions made me forget the time. Thanks to our dedicated teachers, supporters and volunteers for their unwavering commitment and contributions to BPCs' mission. Let this anniversary serve as a reminder of the profound impact Buddhism has had on our lives. Together, we walk the path, spreading the light of enlightenment to all corners of the world."

by Bro Nay Win, 2022/2023 Diploma in Buddhism Class

"The Symposium was well-organised and well thought-out as the presenters were aptly chosen. All were learned personalities that made the day's event fruitful and gave participants much to think and learn about. It's not only about Buddha Dhamma and the practice but also about how the knowledge we gained can be applied to practical aspects of our everyday life. Thank you for the painstaking efforts, organisers. We love the branding of the symposium which was colourful and the tagline adopted for the event."

by Bro TC Lim, Sis Yvonne Loh
& Bro Hoe Yit Nee of Metta Lodge Johor

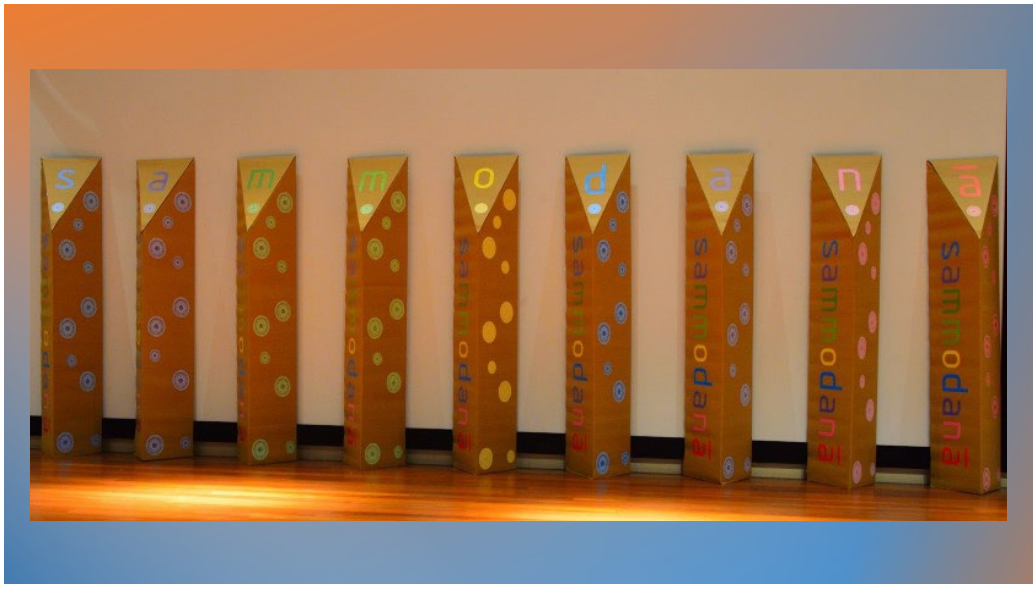
"Congratulations for an amazing job to BPC management and BPC Alumni team for organizing a successful 30th BPC Anniversary Symposium. Speakers gave insightful speeches and the overall programme was well-planned.
Sadhu Sadhu Sadhu!"

by Steven Loo, MA Class of 2009

sammodanā

Ven. Dr. Rangama Chandawimala Thero, in his closing speech, pointed out the nine qualities of the Buddha; *Arahaṃ, Sammā-sambuddho, Vijjā carana-sampanno, Sugato, Lokavidū, Anuttaro-purisa-damma-sārathī, Satthā Deva manussānaṃ, Buddho and Bhagavā*.

Aptly, he spoke about this on stage where 9 pillars printed with the 9 colorful letters of S-a-m-m-o-d-a-n-ā were erected. He urged all to always contemplate in the Buddha's qualities and let these be our pillars of mental development and confidence in the Buddha as we go forward in our practice and Dhamma work.



Bro Jebsons Chia, Chairman of the BPCA and Symposium Organising Committee, followed up to thank all members of the Sangha, guests and participants for gracing the event, committee members for their hard work in the past 6 months making the symposium possible and a success. He urged more graduates to come forward to join the BPCA to organise activities and events to create awareness and facilitate bonding within the alumni population.

To the delight of many, the symposium programme ended with a “tea-party” of local snacks and drinks laid out again in buffet style for maximum mingling. This is done so that all attendees, in particularly the sizable number of volunteers and supporters, could let down their hair to truly catch up with one another, rekindle friendship and feel the joy of busking in the radiance of a big Buddhist community!

Diploma in Buddhism Previews

@Poh Ming Tse, 16 Sep 2023 and @Mangala Vihara, 23 Sep 2023

Sharing by teachers and current students

Brother Neoh, Diploma Class of 2022/2023

Bhante Sumana, Diploma Class Teacher

Brother Bryan, BPCA Committee Member

Brother Jeff, 2023 BA2

Brother Tze Yang,
Diploma Class of 2022/2023

Upcoming Courses

Diploma in Buddhism

Buddhist and Pali College of Singapore

A solid foundation to Buddhist Studies

Starting date: 8 Oct 2023

Venues: Mangala Vihara (BuddhistTemple)

Poh Ming Tse Temple

Enquiry

Maureen Hui: maw69xyz@gmail.com, 96282069

Sandra Koh: chaturikoh@yahoo.com.sg,91297763

Upcoming Courses

新加坡佛学与巴利文学院
首届中文佛学文凭招生

学期：2024年
1月7日至10月31日
（必须通过考试以获取证书）

学费

大学收费
报名费：US$55.00
考试费：US$100.00
(以新币支付)

寺院收费
维修费：S$260.00

如何申请：

- 在 https://www.bpc.edu.sg/courses.html 下载申请表格或到祝福寺索取申请表格
- 附上2张护照尺寸照片及一份身份证副本

报名日期：
2023年9月11日至10月31日

上课时间

2024年1月7日开课

星期二
晚上7点30分至9点30分
星期日
下午2点至5点15分

课程：

- 早期佛教基本教义
- 佛教社会维度
- 上座部佛教传播与发展
- 佛教早期历史（至公元前三世纪）
- 巴利文入门

地点： 祝福寺，30 Jalan Eunos，Singapore 419495
查询与报名：98788734 Chan Lee Hoon / 96357468 Lim Ai Leng
电邮：diplomabuddhismchinese@gmail.com

Upcoming Activities

- **Buddhist and Pali College Courses**

Course	Course Date
1. 2023/2024 Diploma in Buddhism (English)	
Mangala Vihara (Buddhist Temple)	8 Oct 2023 – 31 Oct 2024
Poh Ming Tse Temple	10 Oct 2023 – 31 Oct 2024
Temple Tour: 26 Nov 2023	
2. 2024 Diploma in Buddhism (Chinese)	
Mangala Vihara (Buddhist Temple)	7 Jan 2024 – 31 Oct 2024

- **11D9N Footsteps of Buddha India Pilgrimage Trip 15 – 26 Dec 2023**
  (registration closed)

For more information, please contact:

Address	30 Jalan Eunos Singapore 419495
Tel	8288-9888
Email	bpca2017sg@gmail.com
BPC website	https://bpc.edu.sg
BPC Facebook	https://www.facebook.com/bpcsin